



Moroccan Chicken & Coconut Stew

with Veggies & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Onion



Carrot



Baby Spinach Leaves



Chicken Thigh



Chermoula Spice Blend



Moroccan Curry Paste



Coconut Milk



Chicken-Style Stock Powder



Mint



Chicken Thigh

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early

This fragrant stew gets its flavour from the delicious Moroccan-inspired curry paste. A mild yet tasty base of onion and coconut milk is revived with refreshing herbs, all on a bed of pillowy garlic rice. Divine!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
onion	1 (medium)	1 (large)
carrot	1	2
baby spinach leaves	1 medium bag	1 large bag
chicken thigh	1 packet	1 packet
chermoula spice blend	1 sachet	1 sachet
Moroccan curry paste	1 medium packet	1 large packet
water* (for the sauce)	¼ cup	½ cup
coconut milk	1 small packet	2 small packets
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
mint	1 bag	1 bag
chicken thigh**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3134kJ (749Cal)	579kJ (138Cal)
Protein (g)	38.4g	7.1g
Fat, total (g)	40.9g	7.6g
- saturated (g)	24.7g	4.6g
Carbohydrate (g)	84g	15.5g
- sugars (g)	12.5g	2.3g
Sodium (mg)	1601mg	296mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4173kJ (997Cal)	595kJ (142Cal)
Protein (g)	66.6g	9.5g
Fat, total (g)	55.9g	8g
- saturated (g)	29.3g	4.2g
Carbohydrate (g)	84g	12g
- sugars (g)	12.5g	1.8g
Sodium (mg)	1717mg	245mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



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1



Cook the garlic rice

- Finely chop **garlic**.
- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, **water (for the rice)** and a pinch of **salt**, stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Start the stew

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add **Moroccan curry paste**, **water (for the sauce)**, **coconut milk** and **chicken-style stock powder** and simmer until the sauce has slightly thickened, **3-4 minutes**.

2



Get prepped

- Meanwhile, finely chop **onion**. Thinly slice **carrot** into half-moons. Roughly chop **baby spinach leaves**.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **chermoula spice blend** and a drizzle of **olive oil**. Add **chicken** and toss to coat.

Custom Recipe: If you've doubled your chicken thigh, prep and flavour chicken in the same way as above.

5



Bring it all together

- Return **chicken** to the pan, then add **baby spinach** and cook, stirring, until wilted and combined, **1-2 minutes**. Season to taste.

3



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**. Transfer to a bowl.

Custom Recipe: Cook the chicken in batches for best results!

6



Serve up

- Pick and thinly slice **mint** leaves.
- Divide garlic rice between bowls. Top with Moroccan chicken and coconut stew.
- Garnish with mint to serve. Enjoy!

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